



March 20, 2014  
YOKOSUKA, Japan

Hospitalman Thomas Morra takes the Navy-wide 3rd class advancement exam at Fleet Activities Yokosuka.

The exam assesses the Sailors' in-rate training and professional military knowledge.

(140320-N-TG831-036 U.S. Navy photo by Mass Communication Specialist 2nd Class Declan Barnes/Released)

# Wellness Newsletter

USNH Yokosuka

Issue 2

## Advancing in Life through Education

Learning is a powerful skill that can be used to help us achieve our personal and career goals. The US Navy offers multiple avenues for learning and education, including schools for enlisted rates, on-the-job training, advancement opportunities, and mentorship. For a college education, the Navy provides financial assistance through Tuition Assistance or the GI Bill. Additionally, there are various enlisted to officer programs, including the STA-21 Program, Limited Duty Officer and Chief Warrant Officer Program, Naval Academy, Medical Enlisted Commissioning Program, and the Medical Service Corps Program.



**HM2 Guirola, DPH**

"I have been very fortunate to have great mentors that have stressed the importance of education and advancing to not only benefit me as a Sailor but as a person as well. Because of that mentorship and my own successes, I believe the right thing to do is to instill the same beliefs about the value of education and advancement onto our Sailors. These beliefs motivated me to facilitate the ETA (Excel to Advance) classes and offer nightly study sessions to junior Sailors. As a leader there is nothing more gratifying than to see your Sailors grow in their careers as well as personally."

## Learning is powerful but studying can be stressful.

We all want to do well and achieve successes in our lives and pursuits. Sometimes that journey to success becomes stressful and overwhelming when we are challenged with deadlines, exams, oral boards, expectations from others, fear of failure or disappointment, or too many things going on.

To cope with stress while studying:

Remember the big picture. Focus on the end goal and other priorities in your life. Engage in at least one activity that you enjoy or find relaxing every day. Learn a relaxation technique. Plan for increased stress around exam times or due dates for major assignments and projects. Focus on and use your strengths. Keep up positive thinking.

Proactively discuss and address problems. Ask for help if you need to. Keep your life balanced with a healthy diet, regular exercise, time with family and friends, and fun.



"I used constant repetition and breaks to help me study."

**HN Jacome, DPH**



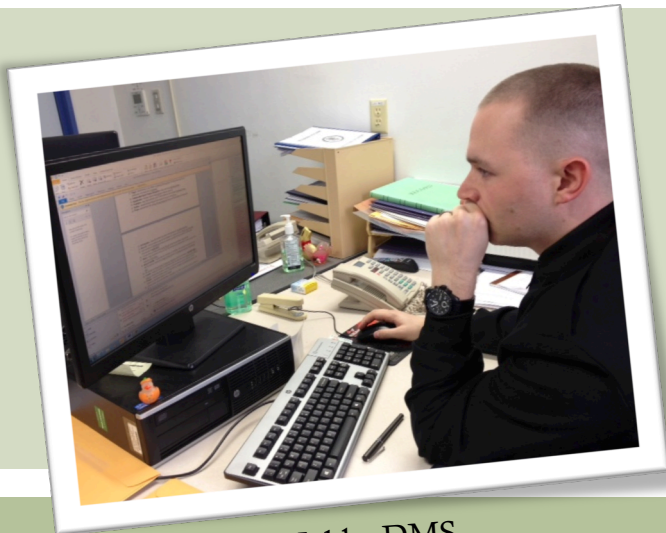
## Nutrition and Learning

1. Eat balanced healthy meals (e.g. avoid fast food, unhealthy snacks)
2. Eat smaller regular meals to maintain stable levels of nutrients and energy
  - a. Don't forget breakfast!
3. Eat fruits, such as bananas, blueberries, to boost glucose for brain endurance
4. Eat vegetables, such as spinach, broccoli, and bell peppers.
5. Snack smart
  - Combine 2 food groups
  - Banana with peanut butter
  - Baked potato with cheese
  - English muffin pizza
6. Stay hydrated

## Learning through Practice

"I believe that we learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. In each, it is the performance of a dedicated precise set of acts, physical or intellectual, from which comes shape of achievement, a sense of one's being, a satisfaction of spirit. ... Practice means to perform, over and over again in the face of all obstacles, some act of vision, of faith, of desire. Practice is a means of inviting the perfection desired."

— **Martha Graham**



HN Noble, DMS

## Summary: Tips for Better Studying

1. Get adequate rest and sleep
2. Engage in physical activity
3. Fuel your brain  
Eat balanced meals
4. Make time for friends and fun
5. Manage stress and anxiety

“Education is the most powerful weapon which you can use to change the world.”

— Nelson Mandela

“I used all of the resources I could, such as the nightly study sessions offered by HM2 Guirola and the Excel to Advance (ETA) class. I asked everyone for tips, advice, and study methods.”

HN Morrison, DMS

“I made and used flashcards to study on my own, share with others, and for quizzing each other on the various topics.” HN Noble, DMS

“I decided to try a new strategy by starting to study for this advancement exam right after the last exam in September. I bought the Navy BMR (Basic Military Requirements) and studied a chapter each week. By spreading out my study sessions and spending more time on each chapter, I was able to pick up more details and develop greater insight into each topic area.

HM3 Morgan, DMS







HM3, Helland, DPH  
LSSN Berrios-Cabrera, DPH

“Try to maintain consistency in study habits. For the next exam, I’m going to try to study 30-60 minutes every morning after waking up and every night before bedtime. Sleep is important for memory, so try to get a good night’s sleep while studying and especially the night before the test.” HM3 Helland, DPH

“Strategies that have helped me with studying include using the BMR website, studying 2 hours 5x/week, running 20 minutes at least 3x/week, avoiding alcohol, getting good sleep 6-8 hours per night, and studying another language.” LSSN Berrios-Cabrera, DPH

## 10 ways to improve your memory

1. Believe in yourself
  - Positive expectations can help you perform better while negative expectations may sabotage your efforts.
2. Economize your brain use
  - Create routines or use tools, such as calendars or lists, to keep information accessible
3. Organize your thoughts into smaller, more manageable chunks
4. Use all your senses to create the memory
5. Expand your brain
  - Use different parts of your brain by reading out loud, visualizing or drawing a picture, or writing down the information
6. Repeat information out loud
7. Take breaks while studying and spread out study sessions
8. Make a mnemonic
  - Use cues, such as acronyms or stories, to help you remember
9. Engage in activities that challenge you to concentrate or memorize
10. Take a course
  - Learn better study habits or strategies to improve your memory

*The complete version of the above article can be found at*  
[http://www.health.harvard.edu/healthbeat/HEALTHbeat\\_051006.htm](http://www.health.harvard.edu/healthbeat/HEALTHbeat_051006.htm).

“Practice like you play.”  
 Try practicing activities or techniques while you study that you might do during the test. For example, eat a banana while studying if you plan to have a banana for a snack during the test. Other examples might be humming a tune or using a mnemonic or acronym to remember information.  
 HN Camacho, DPH

(Mnemonic example: RICE = rest, ice, compression, elevation)

